

## **Freedom From Tobacco**

### *A Tobacco Cessation Assistance Program*

**Freedom From Tobacco** can help you walk away from smoking or using tobacco products by offering you:

- eight counseling sessions with a certified tobacco cessation instructor within a 12-month period
- proactive telephone counseling to assist you in remaining tobacco-free
- pharmacotherapy recommendations based on your medical history, smoking questionnaire and personal preference.
- social support as part of your treatment and assist you in securing social support in your daily life.

**Freedom From Tobacco** requires a referral:

- Physician and Health Care Providers: Contact The Care Group at 317/338-6163 or 800/732-1484 or by faxing to 317/338-6214.
- Self-Referrals: To initiate the referral process or to obtain more program information, contact The Care Group at 317/338-6163 or 800/732-1484 or e-mail [lheflin@thecaregroup.com](mailto:lheflin@thecaregroup.com).

**Positive changes to expect after you stop smoking or using tobacco products:**

- After 20 minutes: Blood pressure and pulse rate drop to normal; temperature of hands and feet return to normal
- After 8 hours: Carbon monoxide level in blood drops to normal; oxygen level in blood increases to normal
- After 24 hours: Chance of heart attack decreases
- After 48 hours: Nerve endings start regrowing; ability to smell and taste is enhanced; walking becomes easier
- After 2 weeks to 3 months: Circulation improves; lung function increases up to 30%
- After 1 to 9 months: Decrease in coughing, sinus congestion, fatigue, shortness of breath; cilia regrow in lungs to help reduce infection
- After one year: Risk of coronary heart disease is cut in half compared to that of a smoker